



Whats in Your Share: Brussel Sprouts, Onions, Radishes, Potatoes, Leeks, Acorn Squash, Butternut Squash, Delicata Squash, Pears.

HOW TO ROAST VEGETABLES:

Preheat the oven to 375. These Share veggies can all be roasted together, but should all be the same size. Aim for 1 inch pieces.

Brussel sprouts: Trim the bottoms, and remove loose leaves. Big ones can be cut in half

Onions: Peeled and cut into 4 or 5 wedges (depending how big they are)

Potatoes: Washed well and cut into 1 inch chunks

Leeks: Bottoms trimmed, cut the white into ½ inch thick chunks

Delicata: Cut in half length-wise, scoop out seeds, and cut into about 6 pieces (skin on!)



HOW TO CUT BUTTERNUT SQUASH:



Cut the round bottom off from the top.



Peel the skin off with a peeler or by knife.



Remove seeds from the bottom.



Cut the squash into 1 inch pieces.

Place the vegetables on a rimmed baking sheet and spread evenly. Drizzle with oil and season with salt and pepper, and any other seasonings you like. With clean hands, rub the oil all through the vegetables until well coated. Roast for 30-40 minutes.



Acorn Squash can also be roasted. Preheat oven to 400. Cut in half and remove seeds, drizzle with oil and seasonings, and coat well. Place on a rimmed baking sheet or in a baking dish and roast 50 minutes-1 hour.

FARMACY FARMS THIS MONTH:

Delicata - Evening Song

Tell a Tale - Butternut Squash

Brussels Sprouts - Yoder

Radishes - Otter Point

Onions - Smokey House

Potatoes - Hildene or Smokey House

Leeks - Evening Song

Acorn Squash - Otter Point

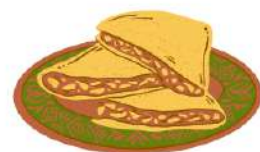
Pears - Champlain Orchards



WAYS TO USE LEFTOVER ROASTED VEGETABLES:

As delicious as roasted vegetables are, sometimes we have leftovers. To store them, make sure the vegetables are completely cool before putting them into a container. They will sog up and lose their flavor if they are refrigerated when warm.

QUESADILLAS: Over medium heat, melt some butter or oil in a skillet, place a tortilla in the skillet, and add a handful of roasted vegetables, and/or cheese and salsa. Place another tortilla on top and cook about 5 minutes. Peek at the bottom and check that it's browned. Flip with a spatula and cook the other side. You might need to add more cooking fat before you flip.



SOUPS: Our favorite way to clean out the fridge! Stock or broth, beans or meat, maybe a can of tomatoes and always some seasonings. And your leftover roasted veggies work as a seasoning and a vegetable addition. Add toward the end of your soup, since you already cooked them beautifully.

SALADS: Kale is a tough green that loves to have a dressing “massaged” into it. Go hard on that massage, so you bruise it. Use your roasted leftover veg as a topping—to make it a garden kale salad.

QUICHES: Preheat to 375. Whisk 4 eggs and 1/2 cup of milk in a large bowl. In a pie crust, place 1 cup of shredded cheese. Place a large handful of roasted vegetables on top. Spread evenly and pour the egg mixture over top. **Tip: Place the quiche crust with cheese and veg in the oven and pour the custard into the pie shell to avoid spilling on your way to the oven.



FRITTATA: Preheat to 400. Whisk 6 eggs together. Add in 1/2 cup milk and whisk that up. Add your leftover roasted veg and a big handful of shredded cheese. Stir it up and pour into a buttered baking dish. Bake for 15-20 minutes.



FRIED RICE: If you have leftover rice and roasted veggies, you have fried rice! Heat some butter or oil, saute the rice until it start to sizzle, scrape it off to the side, heat a little more fat and crack an egg or two in there. Scramble them up, fold the rice back in, add leftover roasted veggies until heated through.

SANDWICHES: Roasted squash is very soft. Try spreading it on bread and making a sandwich. Cheese, squash, greens, and bread are very good together!

NEXT FARMACY DAY IS NOVEMBER 16TH. SEE YOU NEXT TIME!